

A top-down photograph of a bowl of ramen. The bowl is dark and filled with thick, curly noodles coated in a dark, glossy sauce. Several large, rectangular pieces of braised meat are scattered on top of the noodles. Small pieces of red and green vegetables are also visible. The bowl sits on a light-colored bamboo placemat. To the upper left of the bowl, a pair of wooden chopsticks lies diagonally. Next to the chopsticks is a small black dish containing fresh green onions. The background is a dark, textured surface.

# ramen

c o o k b o o k

50

Ramen  
Recipes  
for the  
Home  
Chef

by  
**Julia  
Chiles**

# Ramen Cookbook

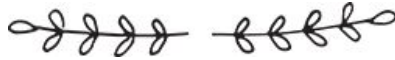
50 Ramen Recipes for the Home Chef

BY

Julia Chiles



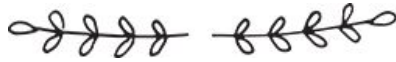
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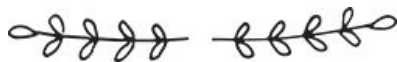
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# Introduction



Liven up dinner and lunch! Wake up that tired old recipe with some delicious ramen recipes! Take a meal to the next level with 50 great ramen recipes for every occasion.

[Things to Know About This Cookbook...](#)

Unless specifically stated, do not use seasoning packet!



# Black bean Fajita Ramen



Use ground beef in a pinch! Makes 2 servings

## Ingredients:

- 1 cup ramen noodles
- ½ cup strips of steak or chicken strips
- 1/2 packet no sodium taco seasoning or fajita seasoning (such as Mrs. Dash)
- ¼ cup low sodium pineapple salsa
- ½ cup low-sodium black beans, washed & drained
- 1/2 cup worth julienned onions and bell peppers
- 2-3 cups low sodium beef broth

## Instructions:

In medium size pot warm onions and pepper 30-45 seconds.

Stir in protein, seasoning, salsa, black beans, broth.

Bring to boil, reduce heat, cover, let simmer 8-9 minutes.

# Steak, Broccoli, & Ramen



Let the meat come to room temperature before cooking! Makes 2 servings

## Ingredients:

- ¼ tablespoon olive oil
- 1 cup of diced steak
- ½ Tbsp beef bouillon paste (we use Better Than Bullion Beef)
- 4-6 broccoli trees
- ½ tsp Italian seasoning
- 1/2 cup no salt added crushed tomatoes
- 1 package ramen noodles
- 3 cups low sodium beef or vegetable broth

## Instructions:

In pot warmed over medium high heat, oil, steak, and bullion paste. Sauté steak & broccoli 45 seconds or until all is brown.

Add in seasoning, tomatoes, ramen, broth.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes

# Cajun Shrimp Ramen



Serve with toasted baguettes! Makes 2 servings

## Ingredients:

- 1 tablespoon olive oil
- 1 tsp no salt Cajun seasoning
- 1 shallot diced
- 1 clove garlic grated
- 1 bell pepper diced -or- 1 diced jalapeno
- ¼-1/3 cup low sodium diced tomato
- 1 avocado diced
- ½ cup andouille sausage
- 1 can low sodium black beans washed and drained
- 1 cup shredded Monterey jack cheese
- 1 package ramen noodles (w/o seasoning)
- 2 cups beef broth

## Instructions:

In a pot or skillet with high sides bring to heat over a burner set for

med-high heat; add oil, shallot, garlic, pepper, seasoning and sauté 1 minute.

Add in tomatoes, avocado, sausage, beans, cheese, noodles, broth.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes.



# Spicy Red Pepper Tofu Ramen



A great vegetarian meal! Makes 2 servings

## Ingredients:

- 1/4 cup baby ears of corn
- 2 tbsp diced water chestnut
- 2-4 drops chili oil
- 1/3 cup worth purple cabbage or Kim chi
- 1 cup roasted red pepper low-sodium broth
- 1/4 block silken cubed tofu
- 1/2 tsp minced garlic
- 1 package ramen noodles (w/o seasoning)

## Instructions:

In pot warmed over medium high heat add corn, chestnuts, oil, Kim chi, broth, garlic, tofu.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes

# Andouille Ramen



Try with kale! Makes 2 servings

## Ingredients:

- 1 tbsp olive oil
- 1 link andouille sausage diced
- 1 cup spinach chopped
- 1/4 cup diced black olives
- Juice of ½ lime
- 1/3 cup salsa
- 1 cup shredded Monterey jack cheese
- 1 package ramen noodles
- 1/3 cup low sodium beef broth

## Instructions:

Pour oil in pot warmed over hi heat then sauté sausage 45 seconds to 1 min.

Add in spinach, olives, lime juice, salsa stirring 45 seconds to 1 minute before

Add in ramen noodles and toss.

Pour in broth and stir well.

Bring to a boil, reduce heat, cover, let simmer 5 minutes.

# BLT Ramen Bowl



For extra crunch, add walnuts or pine nuts! Makes 2 servings

## Ingredients:

- 1 cup ramen noodles cooked as directed, divided
- 1/3 cup crumbled bacon, divided
- 8 cherry tomatoes, divided
- 2 romaine lettuce leaves, divided
- 2 tablespoons mango salsa, divided
- 1/3 cup crumbled feta cheese, divided

## Instructions:

Layout lettuce leaves and fill both with  $\frac{1}{2}$  cup cooked ramen noodles.

Top each with  $\frac{1}{2}$  bacon and tomatoes.

Top each with salsa.

Top each with feta cheese.



# BLT Avocado Pineapple Salsa Ramen Bowl



Great for lunch! Makes 2 serving

## Ingredients:

- 1 package ramen noodles cooked as directed
- $\frac{1}{4}$  cup crumbled bacon, divided
- $\frac{1}{4}$  cup diced tomato, divided
- 2 romaine lettuce leaves
- $\frac{1}{3}$  cup avocado diced, divided
- 2 tablespoons pineapple salsa, divided
- 2 Tbsp parsley or thyme

## Instructions:

Layout lettuce leaves and fill both with  $\frac{1}{2}$  cup cooked ramen noodles.

Top each with  $\frac{1}{2}$  bacon, tomatoes, avocados.

Top each with salsa.

Top each with parsley or thyme.

# Italian Ramen Chowder



Try it with Greek Seasoning! Makes 2 servings

## Ingredients:

- 1 Tbsp canola oil
- 1 Tbsp minced onion
- 1 tsp minced garlic
- 2/3 cup ground beef
- 1/2 cup edamame
- 1 tablespoon diced black olives
- 1 tsp Greek seasoning
- 1 cup shredded mozzarella cheese
- 1/2 Tbsp diced oregano
- 1 package ramen
- 1 1/4 cups low-sodium beef broth

## Instructions:

Brown ground beef and drain.

In pot or high walled skillet pour in oil, onion, and garlic; sauté 1

minute.

Stir in ground beef edamame, ramen, broth.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes; fix two bowls and top each with cheese and parsley.

# Sweet Potatoes Pork Ramen



Add turmeric or ginger! Makes 2 servings

## Ingredients:

- 1 Tablespoon butter
- 1 diced shallot
- Olive oil spray
- 1 cup sweet potato cubes
- 1 tsp smoked paprika
- ½ cup ground pork, cooked
- 1 package ramen, cooked

## Instructions:

Preheat oven to 400 and line baking sheet with aluminum foil sprayed with olive oil.

Spread out potato cubes, sprinkle with smoked paprika and mist lightly with oil spray.

Mix cooled potatoes with cooked pork and cooked ramen.

# Chicken Sun-Dried Tomatoes



Also great with bell pepper broth! Makes 2 servings

## Ingredients:

- 3 Tbsp butter
- ¼ cup onions julienned
- 1/3 cup shredded chicken
- 1 cup Tuscan sun-dried tomato broth
- 1 cup macadamia nuts
- 1 package ramen
- 1/2 teaspoon oregano chopped divided
- ½ teaspoon rosemary

## Instructions:

In pot over med-high heat melt butter and sauté onions 5 minutes.

Add in shredded chicken, macadamia nuts, ramen, broth.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes.

Ladle into two bowls; top with oregano and rosemary.



# Gumbo Ramen Medley



Try it with seafood! Makes 2 servings

## Ingredients:

- ½ Tbsp olive oil
- 1/3 onion diced
- 1/2 teaspoon minced garlic
- Juice of 1 lime
- 1 spoonful chicken bouillon paste (we used Better Then Bouillon)
- 1/3 cup shredded chicken
- 1/3 cup low sodium chickpeas or garbanzo beans
- 2/3 cup baby spinach leaves
- 1/3 cup tomatoes, quartered
- ½ cup low sodium chicken broth

## Instructions:

In pot warmed over medium high pour in olive oil then add onion and garlic and let sauté 1 minute.

Stir in juice of lime, bouillon paste, and shredded chicken and cook 1 minute.

Add in spinach, tomatoes, chicken broth.

Bring to boil, reduce temp, cover, let simmer 5-7 minutes.

# Shrimp Okra Ramen Bowl



Try it vegetarian! Servings 2.

## Ingredients:

- 1/3 Tbsp olive oil
- 1 chopped shallot
- 1 clove garlic chopped
- 1/2 cup whole kernel corn
- 1/3 cup okra
- 1/4 cup edamame
- 2 Tbsp almonds
- 1/3 cup salad shrimp
- 1/2 tablespoon diced cilantro
- 1 package ramen
- 2-3 cups of water

## Instructions:

In pot mix oil, onion, garlic, corn, okra, edamame, and almonds.

Sauté vegetables 1-2 minutes.



Add in shrimp, cilantro, thyme, ramen, water.

Bring to boil, reduce heat, cover, let simmer 8-9 minutes.

# Cheesy Ham and Ramen



Try it with Monterey jack cheese! Makes 2 servings

## Ingredients:

- 1 package ramen
- 1/3 cup diced ham
- 1/3 cup diced chicken
- ¼ cup trinity mix
- 2 basil leaves sliced
- ½ teaspoon parsley diced
- 1 cup shredded cheddar cheese
- ½ cups low sodium chicken broth

## Instructions:

In pot mix ramen, ham, chicken, trinity mix, broth.

Bring to a boil, reduce heat, cover, let simmer 5-7 minutes.

Top with herbs and cheese before serving.

# Queso with Chicken Ramen



Try adding chipotle peppers! Makes 2 servings.

## Ingredients:

- 1 package ramen
- 1 Tbsp olive oil
- 1 shallot diced
- 1/2 tsp minced garlic
- 1/3 cup shredded chicken
- 1 Tbsp tomato sauce
- 1/3 teaspoon chili powder
- 1/4 teaspoon cumin
- ½ Tbsp cilantro (optional)
- 1 cup shredded mozzarella cheese or queso melting cheese

## Instructions:

In a pot add oil, onion, garlic; sauté 2 minutes.

Add in shredded chicken, tomato sauce, chili powder, cumin.

Make a bed of ramen and ladle chicken and sauce on top.

Top with cheese.

# Ramen Steak and Broccoli



Also, great with sweet ginger turmeric! Makes 2 servings

## Ingredients:

- 2 Tbsp diced onion
- 1 clove grated garlic
- 1 cup stir-fry strip flank steak
- ¼ cup chopped red peppers
- ¼ cup diced parsley
- 2 tablespoon low sodium soy sauce
- 1 teaspoon sesame oil
- 2/3 teaspoon pepper
- 1 teaspoon ginger
- 1 package ramen
- 3 cups beef broth

## Instructions:

In pot sauté onion, garlic, peppers 1 minute.

Add in steak, parsley, soy sauce, sesame oil, pepper, red pepper flakes, ramen, broth.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes.

# Artic Ranch Ramen with Andouille



Serve with crunchy bread and good wine! Makes 2 servings

## Ingredients:

- ½ cup diced onion
- 1/3 cup diced green bell pepper
- 2/3 cup diced andouille
- 1 8 oz. can no salt added tomato sauce
- 1 packet ranch seasoning
- 1 package ramen
- 5 cups low sodium chicken broth
- 1 Tbsp diced cilantro (optional)
- 2 cups shredded Monterey jack cheese or habanero cheddar

## Instructions:

In a pot over med-high heat sauté onion and bell peppers 1 minute.

Add in andouille and cook 30 seconds.

Stir in tomatoes, ranch seasoning, ramen, broth, cilantro.

Bring to a boil, reduce heat, cover, let simmer 8-9 minutes.

Divide between two bowls and top each with cheese.



## Southern Stew



For protein try adding beans, ground pork, tofu, or fish! Makes 2 servings

### Ingredients:

- $\frac{3}{4}$  tsp minced garlic
- 1 Tbsp grated onion
- 1 cup diced eggplant
- $\frac{1}{4}$  cup diced scallion
- 1 cup chopped cabbage
- $\frac{1}{2}$  teaspoon paprika
- 1 package ramen
- 3-4 cups low sodium vegetable or beef broth

### Instructions:

In a pot sauté onions and garlic 1 minute.

Add in eggplant, scallions, cabbage and cook 1 minute.

Add in ramen, broth.

Bring to boil, reduce heat, cover, let simmer 6-8 minutes.

# Ramen Ragu



A hit with kids! Makes 2 servings.

## Ingredients:

- 2 cups ground beef, browned
- ½ tsp Italian seasoning
- 8 oz. tomato sauce
- 1 tablespoon dry white wine
- 3-4 cups low sodium beef broth
- 1 cup chicken or beef broth
- 1 package ramen
- 1 cup shredded mozzarella or sharp white cheddar

## Instructions:

In pot combine ground beef, seasoning, tomato sauce, white wine, broth.

Bring to boil, stirring constantly, reduce heat, cover, and let simmer 5-10 minutes, stirring frequently.

Divide ramen between two plates and top with hot mixture.

Top with cheese.



# Creamy Chicken Ramen



Serve with crunchy Italian bread! Makes 2 servings

## Ingredients:

- ¼ cup onions, julienned
- 1 tsp minced garlic
- 1 spoonful chicken flavored bouillon paste (we used Better Than Bouillon Chicken)
- 2 cups shredded chicken
- 1 can low sodium condensed cream of chicken soup
- 1 tsp Italian seasoning
- 1 can low sodium veggie mix (peas, carrots, corn, potatoes, lima beans, etc.)
- 1 package ramen
- 1 cup low sodium chicken broth
- Shredded mozzarella and provolone cheese (optional)

## Instructions:

In Dutch oven sauté onions and garlic 1 minute.

Whisk in bouillon paste, add in shredded chicken and cook 1 minute.

Stir in condensed soup, seasoning, veggie mix, ramen, broth.

Bring to boil, reduce heat, cover, let simmer 5-10 minutes.

# Chicken Mojo Ramen



Big flavor in no time! Makes 2 servings.

## Ingredients:

- ½ diced onion
- 1 teaspoon minced garlic
- 3 chopped jalapenos
- 1 cup diced leftover chicken
- 2 cups low sodium mojo liquid marinade
- ½ teaspoon pepper
- 1 Tbsp chopped parsley
- 1 package ramen

## Instructions:

Marinate chicken in mojo marinade for 10 minutes.

In pot sauté onions, garlic, and peppers for 2 minutes.

Dump marinade and put chicken in pot.

Toss in black pepper, parsley, and ramen.

# Black Bean and Tomato on a Bed of Ramen



Also good with chickpeas! Makes 2 servings

## Ingredients:

- 1 package ramen, cooked
- ½ cup ground sirloin, browned and drained
- 1 can low sodium black beans, wash and drained
- 1 cup diced fresh tomatoes
- 3 sliced basil leaves
- 1/4 Tbsp diced thyme
- ½ tsp red pepper flakes
- 1/4 cup extra virgin olive oil

## Instructions:

Divide ramen between two plates and flatten with back of spoon.

Drain burger and return to pot.

Mix ground sirloin, beans, tomatoes, basil, thyme, red pepper flakes, oil.

Top each serving of ramen with half of mixture.

# Turkey Ramen Stew



Also, great with pork! Makes 2 serving.

## Ingredients:

- 1/3 cup diced mushrooms
- 1/2 tsp minced garlic
- 1 scallion, diced
- 1/3 cup peas and carrots
- 1/2 bell pepper, julienned
- 1/3 onion, julienned
- ½ cup ground turkey, cooked
- 1 cup ramen
- 1 cup beef stock (depends how thick you like your gravy)

## Instructions:

In pot combine mushrooms, garlic, scallion, peas and carrots, bell pepper, onion and let sauté 1 minute.

Add in cooked ground turkey, ramen, beef stock.

Cook on 5 minutes.



# Vegetarian Ramen Italian Veggies



Try herbs de province! Makes 2 servings

## Ingredients:

- 1/2 tablespoon oil
- 1 diced shallot
- 1 tablespoon minced garlic
- 1/3 cup + 1 tbsp mixed vegetables (carrots, green beans, peas, and corn)
- 1 package ramen
- 1 cup vegetable stock
- 1/3 tsp Italian seasoning
- 1/6 tsp nutmeg
- 1/6 tsp cinnamon

## Instructions:

Pour oil in pot and sauté onions, garlic, and veggies 2-3 minutes.

Add in ramen, stock, seasoning, nutmeg, cinnamon.

# Spicy Italian Sausage Ramen Bowl



Great side! Makes 2 servings

## Ingredients:

- 1/2 tablespoon oil
- 1 diced onion
- 1 tablespoon minced garlic
- 2 diced jalapeno OR 1 tsp red pepper flakes
- 1/3 tsp Italian seasoning
- 2 cups spicy Italian sausage
- 1 cup ramen
- 3-4 cups chicken or vegetable stock

## Instructions:

In pot sauté onions, garlic, chopped jalapenos 3-5 minutes over oil.

Add in sausage pieces and Italian seasoning. Cook sausage 45 seconds to 1 minute.

Add in ramen and stock.

Bring to a boil, reduce heat, cover and simmer 5-8 minutes.

# Kielbasa and Sauerkraut



Great side dish! Makes 2 servings

## Ingredients:

- 1/2 tablespoon oil
- 1 diced onion
- 1 tablespoon minced garlic
- 1/3-1/2 cup sauerkraut
- 1-2 cups sliced sodium free kielbasa
- 1 package ramen
- 3-4 cups chicken or vegetable stock

## Instructions:

In pot sauté onions, garlic, and sauerkraut.

Add in kielbasa. Cook sausage 45 seconds to 1 minute.

Add in ramen and stock.

Bring to a boil, reduce heat, cover and simmer 5-8 minutes.



# Italian Sausage Ramen Bowl



Add in some black beans! Makes 2 servings

## Ingredients:

- 1/2 tablespoon oil
- 1 diced onion
- 1 tablespoon minced garlic
- 2 diced jalapeno OR 1 tsp red pepper flakes
- 1/3 tsp Italian seasoning
- 2 cups spicy Italian sausage
- 1 cup ramen
- 3-4 cups chicken or vegetable stock

## Instructions:

In pot sauté onions, garlic, chopped jalapenos 3-5 minutes over oil.

Add in sausage pieces and Italian seasoning. Cook sausage 45 seconds to 1 minute.

Add in ramen and stock.

Bring to a boil, reduce heat, cover and simmer 5-8 minutes.

# Ramen Kimchi Soup



Try rice noodles! Makes 2 servings

## Ingredients:

- 1 cup chicken stock
- ¼ cup purple onions, julienned
- 1 chopped clove of garlic
- 1 tablespoon tomato paste
- 1 cup stew tomatoes
- 1 cup ramen noodles
- 1/3 cup kimchi
- 1 diced parsnip
- 1 teaspoon thyme

## Instructions:

In a large pot over medium-high heat and cook the garlic and onions until the onions are golden in appearance.

Add in tomato paste, stewed tomatoes, rice noodles, kimchi, parsnip, thyme.

Slowly pour in the stock. Lastly add the beans.

Bring to a boil and reduce heat; cover and simmer for 40 minutes.

# Tomato and Eggplant Ramen



Add in cabbage! Makes 2 servings

## Ingredients:

- 1/2 tablespoon olive oil
- 2 cups vegetable stock
- 1/2 cup tomatoes and okra
- 1/2 cup diced eggplant
- 1/6 teaspoon nutmeg
- 1 teaspoon honey
- 2/3 teaspoon garlic powder
- 1/3 tsp ginger

## Instructions:

In Dutch oven over high medium high heat combine oil, stock, tomatoes and okra, eggplant, nutmeg, honey, garlic and ginger.

Let come to a boil then reduce heat to low.

Let simmer 5-10 minutes.

## Kimchi with Ramen



Also great with rice noodles! Makes 2 servings

### Ingredients:

- 1 Tbsp butter or ghee
- ½ Tbsp olive oil
- ¼ cup caramelized purple onions, julienned
- 2 chopped cloves of garlic
- 1 tablespoon tomato paste
- 1 cup stewed tomatoes
- 1 cup ramen noodles
- 1/3 cup kimchi
- 1 diced parsnip
- ½ tsp diced oregano
- 1 bay leaf
- 1-1 ½ cup chicken broth or stock

### Instructions:

In pot over low to medium heat melt butter into oil.

Sauté onions 15-20 minutes.

Add in garlic, paste, tomatoes. Mix

Stir in noodles, kimchi, parsnip, oregano, bay leaf, chicken broth.

Turn up heat to medium high.

Bring to boil, reduce heat, cover, simmer 5-8 minutes.

Remove bay leaf before eating.



# Spicy Herb Ramen



Great for herb gardens! Makes 2 servings.

## Ingredients:

- 1 tablespoon olive oil
- ¼ cup purple onion, chopped
- ¼ cup worth peppers, bell or Chile
- 1 tsp garlic minced
- 1/2 tsp. dried oregano
- 1/2 tsp. dried thyme
- 4-5 dashes of hot sauce
- 1/3 cup bay scallions, cooked and drained
- 1/3 cup kimchi
- 1/3 cup kale or seaweed
- ½-1 cup ramen noodles, cooked as directed on package
- 2-4 cups vegetable broth or stock

## Instructions:

In pot over low to medium heat melt butter into oil.

Sauté onions, garlic, and peppers 3-5 minutes.

Add in oregano, thyme, hot sauce, scallions, kimchi, kale or seaweed,



ramen, liquid.

Bring to a boil, reduce heat, cover, simmer 55-10 minutes.

# Turkey Stew



Works with chicken or pork too! Makes 2 servings.

## Ingredients:

- 1/3 cup onions julienned
- 1 clove chopped garlic
- 1/2 cup shredded turkey
- 1/4 cup peas and carrots
- 1/4 cup yellow/wax beans
- 1/4-1/3 cup chicken or vegetable stock
- 1 cup ramen

## Instructions:

In pot over low to medium heat melt butter into oil.

Sauté onions 3-5 minutes.

Add in garlic and tomatoes. Mix

Stir in noodles, turkey, peas and carrots, beans, chicken or vegetable stock.

Turn up heat to medium high.

Bring to boil, reduce heat, cover, simmer 5-8 minutes.

# Onion Soup



Serve with crunchy bread! Makes 2 servings

## Ingredients:

- 1 tsp thyme
- ½ tsp black pepper
- ¾ Tbsp onion soup mix (such as Lipton's)
- 3 Tbsp diced mushrooms
- 3 Tbsp diced celery
- 1 cup ramen noodles
- 2 – 3 cups chicken or vegetable stock

## Instructions:

In a large pot add thyme, onion soup mix, mushrooms, celery, ramen, stock.

Let come to a boil then turn heat down to low.

Let simmer 8-10 minutes.

# Apple Chops on a Bed of Ramen



Try it with blueberry pie filling! Makes 2 servings

## Ingredients:

- 2 bone in pork chops
- 2 cup apple pie filling (sauce, chunks, and all)
- ¼ tsp cinnamon
- 1/6 tsp nutmeg
- 1/2 Tbsp lemon juice
- 2 Tbsp water
- 1 package ramen, cooked separately
- 2 Tbsp chopped parsley

## Instructions:

In crockpot add pork chops, apple pie filling, cinnamon, nutmeg, lemon juice, water.

Cook on high 45 minutes – 1 hour.

Make a bed of ramen on both plates and top each with 1 chop and apple pie filling.

If desired, top with parsley.



# Pork Carnita on a Bed of Ramen



Mix in some salsa! Makes 2 servings.

## Ingredients:

- 1 3-5 lbs. pork shoulder or butt
- 1/3 cup mojo marinade
- ½ Tbsp chopped cilantro
- 1/3 Tbsp chopped oregano
- 1 Tbsp chopped pepperoncini
- ½ tsp black pepper
- ½ tsp lemon peel
- 1/3 tsp sweet paprika
- 1/3 tsp garlic powder
- ¼ tsp onion powder
- 1 package ramen
- 1 Tbsp chopped parsley

## Instructions:

In crockpot combine mojo marinade, cilantro, oregano, pepperoncini,

black pepper, lemon peel, sweet paprika, garlic powder, onion powder.

Place pork in marinade and cook on high 4-6 hours depending on size.

Serve meat on a bed of ramen and top with parsley.

# Beef Carnita on a Bed of Ramen



Who needs a tortilla! Makes 2 servings.

## Ingredients:

- 1 3-5 lbs. beef roast
- 5-6 cups beef broth, low sodium
- ½ Tbsp chopped cilantro
- 1/3 Tbsp chopped oregano
- 1 Tbsp chopped pepperoncini
- ½ tsp black pepper
- ½ tsp lemon peel
- 1/3 tsp sweet paprika
- 1/3 tsp garlic powder
- ¼ tsp onion powder
- 1 package ramen
- 1 Tbsp chopped parsley

## Instructions:

In crockpot combine broth, cilantro, oregano, pepperoncini, black pepper, lemon peel, sweet paprika, garlic powder, onion powder.

Place meat in marinade and cook on high 4-6 hours depending on size.

Serve meat on a bed of ramen and top with parsley.

# Ramen Beef Stew



Fast comfort food! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- ½ tsp beef bouillon paste (we used Better Than Bouillon Beef)
- 1/3 cup julienned onions
- 1/3 tsp minced garlic
- 2 cups stew meat
- 1/3 cup carrots and peas
- ¼ cup sliced potatoes
- 1/3 tsp Italian seasoning
- 1 package ramen
- 2/3 cup beef broth

## Instructions:

In pot pour in oil then sauté onions and garlic 1-2 minutes.

Mix in bouillon paste then add in meat and let cook 1-2 minutes per side.

Mix in carrots and peas, potatoes, seasoning, ramen, and broth.

Bring to a boil, reduce heat, cover, simmer 5-8 minutes.

# Gluten Free Chicken with Spring Onion Ramen



Gluten, dairy, and wheat free! Makes 2 servings.

## Ingredients:

- ½ tsp olive oil
- 1/3 tsp sesame oil
- ½ tsp chicken bouillon paste (we used Better Than Bouillon Beef)
- 1/3 cup julienned onions
- 1/3 tsp minced garlic
- 1/2 cups shredded chicken
- ½ cup chopped Bok choy
- 1/3 cup matchstick carrots
- ¼ cup edamame
- 1/3 tsp whole kernel corn
- 1 package ramen
- 2/3 cup low sodium chicken broth

## Instructions:

In pot whisk together oils, chicken bouillon paste.

Add onions, garlic, and sauté 2-3 minutes.



Add in chicken, bok choy, matchstick carrots, edamame, corn, ramen, and broth.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

# Sauerkraut and Kielbasa



International ramen! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- 1/3 cup julienned onions
- 1/3 tsp minced garlic (optional)
- 1 tsp thyme (optional)
- 1 package sliced kielbasa, cooked as directed
- 1/3 tsp black pepper
- 1 package ramen
- 1/4-1/3 cup broth or water

## Instructions:

In pot over oil add in onions, garlic, thyme then sauté 2-3 minutes.

Add in kielbasa, pepper, ramen, and liquid.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

# Creamy Chicken with Tortillas



Any chips will do! Makes 2 servings.

## **Ingredients:**

- 1 package ramen, made as directed
- Tortilla chips

## **Instructions:**

Make chicken ramen, with seasoning packet as directed.

Mix in whole and crushed tortilla chips.

# Easy Chicken Fajita Ramen



Top with cilantro! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- ½ Tbsp chicken bouillon paste
- 2/3 tsp garlic, minced
- ¼ cup fajita onions and peppers
- Ramen noodles
- 1/3 cup chicken shredded
- ½ tsp chili powder
- 1/3 cup diced tomatoes

## Instructions:

In a pot add oil, bouillon paste, minced garlic, onions and pepper and sauté 2-3 minutes.

Add in noodles, chicken, chili powder, diced tomatoes.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.



# Ramen Enchilada



Makes a great casserole! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- ½ cup diced onion
- ½ tsp garlic, minced
- 1-2 diced jalapenos (optional)
- 2/3 tsp chili powder
- ½ tsp cumin
- ¼ tsp paprika (smoky or sweet)
- 1/3 cup shredded cheddar cheese
- 2/3 cup no salt tomato sauce
- ½ cup browned drained ground beef
- 1 package ramen, made as directed
- ¼ cup shredded cheddar cheese (optional)
- 1 Tbsp diced parsley (optional)

## Instructions:

In pot add oil and sauté onions, garlic, and jalapenos 2-3 minutes.



Add in chili powder, cumin, paprika, cheese, tomato sauce, and burger.

Stir together.

Toss in ramen noodles.

Divide between two plates and top with cheese and parsley.

# Salsa Ramen



Great with homemade tortillas! Makes 2 servings

## Ingredients:

- ¼ cup salsa (use your fav low sodium variety!)
- ½ cup ground beef, browned and drained
- 1/3 cup worth tortilla strips
- 1/3 tsp chili powder
- 1 package ramen
- 1/3-1/2 cup chicken broth or stock

## Instructions:

In pot combine salsa, ground beef, tortilla strips, chili powder, ramen, broth or stock.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

## Beef Au Jus with Ramen



Great lunch for leftover roast! Makes 2 servings.

### Ingredients:

- ½ cup shredded roast beef
- ½ Tbsp olive oil
- 1/3 cup julienned onions
- ½-2/3 cup au jus condensed soup
- ¼ cup chopped mushrooms
- 1 package ramen

### Instructions:

In pot combine oil, onions, and mushrooms.

Sauté 2-3 minutes.

Stir in beef, condensed au jus, and ramen.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

# Chicken Ramen Soup



Add in peppers or mushrooms! Makes 2 servings

## Ingredients:

- 1/2 Tbsp olive oil
- 1/2 tsp minced garlic
- 1-2 cups frozen stir-fry veggies(thawed)
- 1/2 cup shredded chicken
- 1 bay leaf
- 1/2 tsp Italian seasoning
- 1 package ramen
- 2-3 cups chicken broth or stock

## Instructions:

In pot combine oil, onions, and garlic.

Sauté 2-3 minutes.

Stir in veggies, chicken, Italian seasoning, bay leaf, ramen, broth.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.



# Peppers and Ginger Ramen



Add in some basil and black beans! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- 1/3 cup diced spring onion
- ½ tsp garlic, minced
- 2 julienned red bell peppers
- 1/3 tsp ginger
- ½ tsp cumin
- ¼ tsp paprika (smoky or sweet)
- 1 cup chicken or vegetable broth
- 2 Tbsp grated parmesan, divided

## Instructions:

In a pot combine oil, garlic, onion, peppers, ginger, cumin, and paprika.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.



# Greek Ramen



Simply delicious! Makes 2 servings.

## Ingredients:

- 2/3 cup no salt tomato sauce
- ½ cup browned drained ground beef
- 1 package ramen, made as directed
- 1/2 Tbsp Greek seasoning
- ½ cup beef broth or stock
- 1/3 cup cheese crumbled feta, divided

## Instructions:

Cook ramen as directed and divide between two plates.

In a pot combine tomato sauce, ground beef, ramen, seasoning, broth/stock.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

## Cod Ramen



Good with all types of proteins! Makes 2 servings.

### Ingredients:

- ½ Tbsp olive oil
- ½ cup diced onion
- ½ tsp garlic, minced
- 1-2 diced jalapenos
- 2/3 tsp beau monde spice
- 1 can gluten free cream of chicken soup
- 1 cup sliced cod, browned

### Instructions:

In pot combine oil, garlic, jalapeno and sauté 2-3 minutes.

## Ramen with Scallops



Great with shrimp too! Makes 2 servings.

### Ingredients:

- ½ Tbsp olive oil
- ½ Tbsp grated red onion
- ½ tsp garlic powder with parsley
- 1/3 tsp smoked paprika
- ½ cup scallops
- 1 package ramen, made as directed
- 1 Tbsp diced parsley (optional)
- ½-2/3 cup tomato ginger broth or stock

### Instructions:

In pot combine oil, onions, garlic powder, paprika and sauté 1 minute.

Add in tomato sauce, scallops, ramen, broth/stock.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.

# Hot Smoky Shrimp Ramen



Also, great with scallops! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- ½ cup diced onion
- ½ tsp garlic, minced
- 1/2 tsp jalapeno powder
- 1/3 tsp red pepper flakes
- ¼ tsp smoked paprika
- ¼ cup diced shrimp
- 1 package ramen, cooked as directed

## Instructions:

In pot combine olive oil, onion, and garlic.

Sauté 1 minute.

Add in jalapeno powder, red pepper flakes, paprika, shrimp.

Sauté 1 minute.

Toss in ramen and serve!



# Italian Ramen Ragu



Also, try it with chicken! Makes 2 servings.

## Ingredients:

- ½ Tbsp olive oil
- ½ tsp garlic powder
- 1/3 cup shredded cheddar cheese
- 1/3 cup + 1 Tbsp no salt crushed tomatoes
- ½ cup browned drained ground beef
- 1 package ramen, made as directed
- ¼ tsp Italian seasoning
- 1 cup beef broth
- 1/2 Tbsp diced thyme for topping

## Instructions:

In pot combine oil, garlic powder, cheese, tomatoes, ground beef, seasoning, broth.

Bring to a boil, reduce heat, cover, simmer 5-10 minutes.



# Author's Afterthoughts



**Thanks ever so much to each of my cherished readers for  
investing the time to read this book!**

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***Thanks!***

***Julia Chiles***